

Fitness Descriptions



www.LongmontColorado.gov/rec



Land Classes

Please note that not all classes are offered at all times. Refer to the Fitness Schedule for current offerings.

Abs & Arms: Upper body and core training. (45 minutes) (A)

Ballblast: Using a fitball, train your body while developing strength, increasing flexibility and toning your muscles. (45 Minutes) (A)

Boot Camp: High intensity interval sports conditioning, running, plyometrics and calisthenics. (#)

Butts & Guts: Lower body and core training at its finest! (2)

Cardio Kickboxing: Kickboxing moves with alternating periods of higher and lower levels of intensity. (#)

Cardio/Sculpt: A cardio and sculpting class that has cardio components and uses combined muscular strength and endurance exercises. (2)

Core Plus: Working abs, glutes, legs & arms. (A)

Indoor Cycling: No impact, high intensity stationary bike workout. (45 Minutes) (A)

NIA: (Neuromuscular Integrative Action) Body-mind whole body conditioning based on pleasure and the joy of Movement. Combines dance, martial arts and yoga. Designed for barefoot, shoes are optional. (75 Minutes) (A)

Pilyoga: A sculpting and stretching class using a combination of Yoga poses and Pilates core conditioning. (45 Minutes) (A)

Power of 3: Cardio-Sculpt-Stretch. A low-impact fitness class. (1)

Sculpt & Tone: A sculpting class for beginners to intermediate that keeps moving from one exercise to another. (2)

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or stand support. (A)

SilverSneakers® Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (A)

SilverSneakers® Cardio: Get Up & Go with an aerobics class for you - safe, heart healthy and gentle on the joints. The workout includes easy to follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. (A)

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. (A)

Step/Step & Condition: A low impact aerobic class with step choreography on step platforms. Interval format includes alternating steps and weights/sculpting. (#)

Tai Chi: Combines fluid movements of upper and lower body. The "24 and 42 Form" of the Yang Style. (1)

Zumba®: Ditch the workout and Join the PARTY!. (A)

Zumba® for Kids: Kids love to crank up the music, shake, wiggle and have a blast with their friends. For ages 4-10yrs. (A)

Zumba Gold®: A Zumba® Class with less impact, no pivots and simpler choreography. Perfect for the beginner, young at heart, or those needing a low impact workout but still want to enjoy the "Party" atmosphere. (A)

Water Classes

Aqua Circuit: A warm water aerobics class with a variety of cardiovascular exercises and use of different equipment.

Aqua Motion: A mild, no-bounce class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. A great class if you have arthritis, joint limitations, replacements or are pregnant.

Aqua Power: A high intensity predominately shallow water running and cardiovascular interval class designed to burn 500-700 calories in an hour and target buns, thighs and abs!

Aqua Zumba®: Make a Splash and Join the Pool Party!

Aquatic Cross Training: A program using deep and shallow water with intervals and strength training optimized for weight loss.

Deep H2O: A moderate intensity water fitness class with no impact to the joints. Floatation belts are provided

H2O Fitness: A high intensity combination aerobic class involving different workouts (Aqua Step, Kickboxing, Circuit Training).

Hydro2ga® \$\$: Please Call 303-651-8406 for more information, Dates/Fees.

Masters Swimming: Improve your skills and stamina through intervals, drills and distance swimming. Recommended for adults who are comfortable swimming at least 1,000 yards non-stop.

Beginning Masters Swimming: Catering to your individual needs, you will receive stroke work plus a great workout. This program is recommended for adults who are comfortable swimming 200 yards non-stop.

Morning Fitness: Aerobic conditioning is what this class is all about.

SilverSneakers - Splash®: Activate your urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. (45 minutes)



Yoga

Yoga students: Please bring your own yoga mat, if you have one. Yoga drop-in students are welcome. Please purchase drop-in pass in advance for drop-in dates online, at the St Vrain Memorial Building, or the Longmont Recreation Center. Monthly registered participants have priority and will be notified by e-mail of any changes.

Monthly registrants enjoy \$2 discount per class; partial months are charged at drop-in rate.
Drop-in fee: 1.25 hour classes - \$10 resident/ \$12.50 non-resident;
2 hour classes: \$13 resident/ \$16.25 non-resident



Gentle Yoga – Mon and/or Wed

This class is for anyone who is looking for a gentle but effective way to release stress, increase strength and flexibility, improve balance and overall well-being. For maximum benefit we use yoga props, chairs and breathing techniques in a friendly and non-competitive environment. Please bring a blanket. 1.25 hour. *No class Dec 22-31, Jan 19, Feb 16, Apr 6*

Alignment Based Yoga - Mon

This class emphasizes anatomical alignment for safety. Thoughtful sequencing helps prepare your body for poses that improve strength, balance, and flexibility. Accurate alignment keeps the spine and joints healthy; a slow, focused style deepens your awareness, releases physical and mental tension, and leaves you renewed. 1.25 hour. *No class Jan 19. **Diana Shellenberger instructing Dec classes.*

Wellness Yoga – Mon/Thurs

Enjoy Yoga in a safe, relaxing and uplifting atmosphere. Increase balance, flexibility, and strength in body/mind. Experience greater peace and joy. Yoga is a vehicle for deepening the connection between body, mind & Soul and serves as recourse for personal growth and healing. 1.25 hour. *No class Dec 25-Jan 8*

Slow-Mo Yoga Flow - Tues

Slow-Mo Yoga Flow introduces vinyasa flow yoga in ways that students of all levels can do. The pace of poses is slow and continuous, allowing students to readily follow the sequences and maintain their optimal form. Increased stamina, flexibility and confidence are the result. 1.25 hour. *No class Dec 23 & 30.*

Therapeutic Structural Yoga - Wed

Restore health in body, mind and spirit, through an emphasis on anatomical alignment. This class, for beginning and continuing students, includes many variations on classical yoga, and will improve concentration, allow for personal growth and create inner calm. 2 hour. *No class Dec 25-Jan 4.*

Women's Hatha Yoga - Thurs

This class is for continuing students of the Hatha Yoga. We will explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles. 2 hour. *No class Dec 25-Jan 7.*

Beginner Friendly Yoga - Fri

Each class moves you through carefully designed sequences that work and stretch your whole being. Whether you're new to yoga or a continuing student, the multi-level instruction style offers multiple access points to the poses. Learn breathing and relaxation techniques to use between classes. 1.25 hour.

Sunday Morning Yoga

Are you new to yoga? Feel at ease through an alignment based foundational practice designed for every body. Honing awareness cultivate breath, strength, flexibility and deep rest, coming to a greater understanding of your own wellbeing. Please bring a thick wool or cotton blanket. 1.25 hour. *No class Dec 21-Jan 4, Apr 5, May 24.*

Activity Registration

On-line registration tip:

Once you view your shopping cart, put a check in front of the class(es) you want each family member to be enrolled.

St Vrain Memorial Building

700 Longs Peak Ave • 303-651-8404

Izaak Walton Clubhouse

18 S Sunset St • access from 3rd & Sunset

Day	Time	Class	Location	Instructor
Mon	10:30-11:45am	Gentle Yoga	MemBldg	Urszula Bunting
Mon	4-5:15pm	Alignment Based Yoga	Izaak	Gwyn Cody
Mon	5:30-6:45pm	Wellness Yoga	Izaak	Heidi Nordlund
Tues	9-10:15am	Slow-Mo Yoga Flow	Izaak	Diana Shellenberger
Wed	10:30-11:45am	Gentle Yoga	MemBldg	Urszula Bunting
Wed	5:30-7:30pm	Therapeutic Structural Yoga	Izaak	Shar Lee
Thurs	9-11am	Women's Hatha Yoga	Izaak	Shar Lee
Thurs	5-6:15pm	Wellness Yoga	Izaak	Heidi Nordlund
Fri	9:15-10:30am	Beginner Friendly Yoga	Izaak	Diana Shellenberger
Sun	9-10:15am	Sunday Morning Yoga	Izaak	Katharine Kaufman